

## ♦ HEALTH ♦

A WEEKLY JOURNAL OF  
DOMESTIC AND SANITARY SCIENCE.

"Reason's whole pleasure—all the joys of sense—  
Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. & C.

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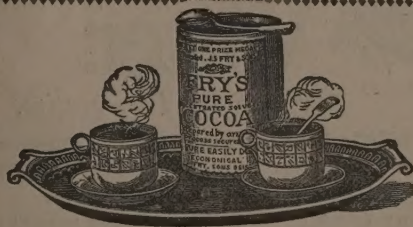
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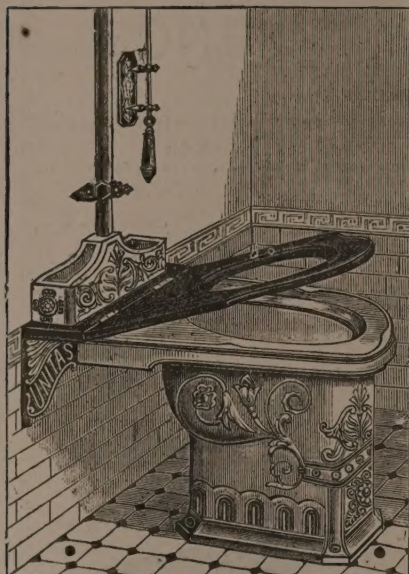
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# HEALTH

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &amp;c.

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## Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—Herder.

In Paris, where the law requiring vaccination is feebly enforced, the mortality from small-pox ranges from 136 to 10·1 to the 100,000 inhabitants, while in the principal German cities, where the vaccination laws are rigidly enforced, the death-rate is but 1·44 to the 100,000 inhabitants. London, under compulsory vaccination, has a death-rate from small-pox of but 0·6 to the 100,000 inhabitants. On the other hand, in the Canton of Zurich, in Switzerland, since the compulsory vaccination law was repealed in 1883, the death-rate from small-pox has risen steadily from 8 to 85 to the 100,000 inhabitants. Anti-vaccinators, once again, please note.

MR. W. R. H. STEWART, Ear-Surgeon to the Great Northern Central Hospital, London, has drawn attention anew to the dangers which are apt to result from the too common practice of "boxing the ears"—a topic I have ventilated more than once in these pages. Rupture of the drum-head of the ear is a frequent result of this practice, while incurable deafness may represent the effect of this needless piece of cruelty when exercised both in the case of adults and children. The danger of endeavouring to remove wax from the ear with hairpins,

pencils, and like objects, is also illustrated by Mr. Stewart's cases. As a matter of fact, nothing whatever should be allowed to enter the ear in the shape of foreign bodies, and an equally reprehensible practice is that of allowing soap and water to pass into the ear-opening. The ears can be kept clean without having resort to this drastic measure at all; the common result of soap and water coming in contact with the "drum" of the ear being to cause inflammation, earache, and liability to perforation and deafness.

+ + +

THERE is so much good sense in the following remarks that I am tempted to quote them fully, as affording valuable hints in the matter of health:—An old physician, being once appealed to for some general comprehensive rule for the preservation of good health, replied: "Keep clean." Cleanliness, from a medical point of view, generally means the absence of noxious germs. The laity generally comprehend in the term freedom from foreign substances, while the psychologist and moralist have reference to the purity of the mind and the soul. All these combined would form the first principle of good health. Freedom from all filth with reference to the body and its surroundings, freedom from contamination of mind and soul, would make the individual not only free from material pollutions, but would inspire him with a sense of cleanliness, a feeling of purity that would cleanse life and glorify the consciousness of living. There is a meaning in that word "clean" that penetrates beyond things seen and touches the mental and spiritual nature of humanity.

+ + +

CLEANLINESS in a material sense may not abhor dissipations and debauches which oppress life with a sense of impurity, vitiating the sources of health and impairing its enjoyment. "Keep clean" is an admonition carrying with it an inspiration which not only invigorates life, but makes it enjoyable and beautiful. Cleanliness brings not only comfort and health, but it adorns living, gives existence a charm, imparts consciousness of life, real enjoyment, thought, and feeling of existence, the purpose and sanctity of living. There is a world of meaning in the two words "keep clean." The physician, the psychologist, and the moralist united in that one advice would give to humanity a law of health, the observance of which would not only purify physical existence, but would inspire a consciousness of the enjoyments of life, and animate it with its hopes, purposes, and destiny. I may add that

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modern surgery founds its success in keeping wounds free from suppuration, by acting on the motto "keep clean."

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It has been said that the greatest number of deaths occur between four and six o'clock in the morning. As a matter of curiosity, and to ascertain whether there is any truth in this statement, Dr. Charles Féré has tabulated the hour of death of all the patients dying in two of the hospitals in Paris for the past ten years. He found that there was no preponderance of mortality at any particular hour, although there were somewhat fewer deaths between seven and eleven o'clock in the evening than at other periods of the day.

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THE dangers attending circulating libraries as diffusers of infection have of late again been brought before the public. Subscribers have been warned against the danger of contracting contagious diseases from books which have been in houses where these diseases existed at the time. The health authorities of Dresden have been examining the dust which had accumulated on unused volumes, with reference to the discovery of micro-organisms, and especially the germ or bacillus of consumption. They report that they have found nothing of a harmful character, and have arrived at the conclusion that the danger of spreading infection by means of circulating libraries is very slight. They recommend, however, that books should be well dusted before being read, and that the fingers should not be wet in the mouth in order to turn the leaves. If the experiment is correctly reported, the authorities of Dresden are not justified in deducing any such inferences. The material which may accumulate in the form of dust on "unused books," and that which may collect on books in infected rooms, are of a totally different character.

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To determine the danger from the use of these latter books, another series of experiments must be made, and, in the present state of our knowledge as to the germs of infectious disease, not much could be expected even from such experiments. The germs of measles, scarlet fever, and small-pox, which diseases are known to be propagated by articles of wearing apparel which have been exposed in infected rooms, have never been recognized, and the search for them in the dust which has collected on books would doubtless be as futile as it has been elsewhere; but there is no *a priori* reason why such books might not be carriers of contagion equally with clothing and furniture. The advice given to dust books well before reading them, in order to avoid danger, is, if the Dresden authorities are correct in saying that such dust is harmless, entirely unnecessary; while, if the dust should be infected, it would be the best possible way to spread the infection. Books which have been in an infected room, especially if they have been opened, should be destroyed. It is practically impossible to disinfect them.

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To remove a tight ring, use the finest silk or thread consistent with strength. Pass the end between the finger and the ring, keeping the spool or unlimited end at the side next the finger-tip. Then wind downwards towards the tip of the finger for about a quarter of an inch; then wind off from above by the short end about half this amount. Proceed alternately winding on and off, always leaving about one-eighth of an inch in breadth wound beneath the ring. When the knuckle is passed, the ring comes off easily. Oil or soap the thread well, and push up the ring before commencing to wind.

## Original Essays

"Life is not to live, but to be well."—*Martial*.

### THE STORY OF CHLOROFORM AND ITS ALLIES.

BY DR. ANDREW WILSON.

FROM the earliest times mankind has had recourse to certain substances, mostly of vegetable origin, to ensure him relief from pain and to procure sleep. Carried to a still further limit, this tendency to deaden pain has found an outlet in modes and methods of inducing a state of unconsciousness more permanent and lasting than that represented by sleep itself. Possibly, the idea of employing means to lull sensibility into unconsciousness was first suggested by the value of, or demand for, forgetfulness of troubles, as well as by the desire for relief from pain. The romance of life often contributes in its own way to a fuller realization of life's realities; and it may well be that our anæsthetics of to-day—our chloroform, our "laughing gas," and other means of abolishing sensibility—represent, after all, only the outcome of the long-inherited desire for peace and rest from the turmoil and the weariness of existence.

Be that as it may, it is certain that we have very far overstepped the limits of even the most sanguine of those who, in former days, dreamt of nepenthes and like potions which deadened life into a dull, persistent form of sleep. Very early in the history of surgery, no doubt it was found to be a desirable thing that patients should be rendered unconscious to the pain of operations. In the play of a dramatist who may be said to express the life of a period far before our own day, we read of one who declares himself thus:—

"I'll imitate the pipes of old surgeons

To this lost limb; who, ere they show their art,  
Cast one asleep, then cut the diseased part."

Curiously enough, recent experiments in hypnotism or mesmerism appear to indicate that this method of "casting asleep" can be used as a means of abolishing consciousness. But it was to drugs of opiate kind the ancients trusted for producing anæsthetic effects. Indian hemp, opium itself, the mandrake, and hemlock were all employed in the surgical practice of long ago to deaden or abolish pain. As chemistry grew apace, and as a full knowledge of the properties of drugs began to be attained, physicians cast about them for more exact means of procuring the unconscious state than had been at the command of their predecessors. Naturally enough, experimentation leaned to the side of gases which might be inhaled, rather than to that of drugs which might be swallowed. Through the lungs, and, therefore, through the blood, it was justly regarded that the brain could be affected much more safely than through the stomach itself.

The first indication of success in this direction came from Sir Humphrey Davy. This great chemist, somewhere about the year 1798, when he was then a mere lad, had accepted the post of director of a certain institution which had been established at Clifton in order to test the properties of certain gases which, it was thought, would become of use in medical practice. Among Davy's other achievements, he had devoted special attention to a gas known to chemistry as nitrous oxide. This gas had been inhaled by Davy, and his sensations thereafter were both novel and peculiar. For he found that the

inhalation of the gas tended to produce a buoyancy and elevation of spirits in the highest degree remarkable; and from this common and uniform result of experimentation with nitrous oxide the compound received the name of "laughing gas"—a term by which it is still popularly known.

A further power and property of this gas, however, was duly noted by Davy. Given in increased quantity, he showed it produced insensibility, which wore off quickly enough when the inhalation of the gas had ceased. He forecasted the practice of dentists to-day in their "painless extractions" when he wrote that, "as nitrous oxide in its extensive operation appears to be capable of destroying physical pain, it may probably be used with advantage during surgical operations in which no great effusion of blood takes place."

It is curious to note how, in the case of great discoveries, the keynote of the matter is often sounded years before the discovery itself passes into the realm of realization. The second act in the drama of chloroform-discovery may be said to open in Hartford town, in Connecticut, U.S.A. In 1844 Dr. Gardiner Q. Colton delivered a lecture in that town on the chemistry of gases, and, among other details, introduced nitrous oxide as a subject of experimentation. The usual effects, chronicled long before by Davy, were noted. The laughter, excitement, and other symptoms of inhaling this gas were all exhibited by the subjects who inhaled nitrous oxide at Dr. Colton's lecture in 1844; and, so far, the prelection was deemed a success.

But among the audience at Hartford sat one Horace Wells, a dentist by profession. Acute and thoughtful, he noticed certain points in connection with the nitrous oxide experiments which were fraught, to his mind, with much force and importance. A Mr. Samuel Cooley, of Hartford, while under the influence of Dr. Colton's "laughing gas," had proved a somewhat excitable subject. Wells noticed that when Mr. Cooley knocked himself against the benches, and otherwise sustained minor injuries and blows, he uttered no sound of complaint. In a word, Mr. Cooley, on the occasion referred to, appeared to be utterly insensible to pain. As a dentist, accustomed to the perpetual sight and inconvenience of human pain, this fact caused Mr. Wells to ponder over the question whether or not nitrous oxide gas might be used with safety to produce insensibility or anæsthesia during the extraction of teeth. Accordingly, calling into consultation one Riggs, another dentist, Wells visited Dr. Colton the next day, and having been duly brought under the influence of the gas, had one of his back teeth extracted entirely without pain.

Wells thus showed in his own person the safety and advantages of "laughing gas" as an anæsthetic. On several patients also he operated by aid of nitrous oxide, and with success. But it was clear that a public trial was necessary to convince the medical profession of the value of this agent in the abolition of pain. Arrangements were accordingly made for an experiment at a Boston hospital, to which the medical faculty were duly invited. A man was placed under the influence of the gas by Wells, who then proceeded to extract a tooth. The inhalation had evidently been of incomplete character, for the patient screamed out in agony, and the trial ended thus in disastrous failure. Wells was so much chagrined that he retired into private life, and shortly afterwards died. He never had the heart apparently to revise and repeat his experiment under conditions which must certainly (as in the case of his own and previously successful extractions) have been productive of success.

The result of Wells' failure was, of course, to discredit nitrous oxide as an abolisher of pain. He was jeered at as a visionary—the fate of every innovator and reformer—and doubtless felt keenly and bitterly the satire which was lavished upon his head. It is as easy to deride the unsuccessful, as it is difficult to imitate those who, through much labour, contrive to attain the goal of success.

Dr. Colton himself, however, took up the subject of nitrous oxide as an agent for annihilating consciousness and pain, after Wells' death. By all accounts his fight was an uncommonly up-hill one. Dentists and doctors alike refused to meddle with the gas. It was only in 1863, when Dr. Joseph H. Smith, of Newhaven, Connecticut, having succeeded in extracting a tooth from a patient rendered entirely unconscious by nitrous oxide, the use of the gas began to be talked about as a possible and useful innovation in dental surgery. The full swing of recognition soon came, reflecting gratefully, in its turn, on the memory of Horace Wells. In 1867, Dr. Colton went to Paris by way of introducing to French medicine the "laughing gas" of Davy. By that time, it is said, 20,000 cases had been recorded in which this gas had been successfully given. There was a clean record, therefore, in favour of the gas, but professional bigotry and prejudice prevailed. The French faculty would have nothing to do with nitrous oxide as an anæsthetic.

Coming to London, Colton found the ground had already been in some degree prepared for his work. In 1864 laughing gas had been successfully tried in London by a Mr. Rymer; while Dr. Evans, of Paris, the famous American dentist, had shown Dr. Colton's apparatus in the Dental Hospital, London, in presence of the staff of that institution, and had administered it safely, as before. To-day every one knows that "painless dentistry" really means tooth-extraction by means of nitrous oxide gas. Supplied, as the gas now is, under great pressure—750 lbs. to the square inch—it assumes a liquid form, and can be handily sent anywhere and everywhere in iron jars provided with taps, whence the gas can be drawn into the inhaler.

Davy discovered nitrous oxide in 1798; yet it took the best part of a century for the recognition of this gas as an anæsthetic or pain-abolisher to become general and complete.

Nitrous oxide gas, we may finally note, is prepared by heating nitrate of ammonium at a temperature of 400 degs. Fahr. (or 204.44 degs. Cent.); this substance then decomposing into "laughing gas" and water. It is tasteless, and has no odour. The inhaler by which it is administered is provided with valves, so that the gas or fresh air can be introduced at will as desired. The patient comes rapidly under its influence, and as rapidly recovers; while vomiting and nausea are not at all common as results of its inhalation, provided always a full meal has not been taken shortly before the inhalation.

As far as we know, laughing gas, which is described by one authority as "the most satisfactory anæsthetic that is known," appears to act by reducing the quantity of oxygen contained in the blood. The gas itself undergoes no change through being breathed; and an apparatus has been constructed whereby the carbonic acid of the patient's breath having been extracted or absorbed by quicklime, the nitrous oxide breathed out is collected, and can thus be utilized for fresh inhalations.

(To be concluded.)

## Personal Health

"Be timely wise;  
With health all taste of pleasure flies."—Gay.

### THE DIGESTION OF FATS.

WHETHER in the polar regions where the sole occupation is fishing, or in the tropical lands of the floating pine, oil is found to be an indispensable food. In the former case it is far more largely consumed than in the latter, but its complete withdrawal, under any circumstances, is disastrous to health. The cereals contain more or less oil; olives are particularly rich in it, and many fruits contain it, such as the cocoanut, &c. The first food taken by the infant, that is, milk, is abundant in cream or fat. Wherever tissue, change, and growth are found, fat is absolutely essential to the change, and moreover, we find that the more important and highly developed a tissue is, the more fat or oil does it contain. The brain and spinal cord contain proportionately more fat than any other tissue in the body. Another point is, that when the supply of food is insufficient and the body is wasting away, the brain and spinal cord show a proportionately smaller loss of fat than do any other organs in the system. We thus see that fat is in some mysterious way connected with the vital functions and with the most vital parts.

When fat is taken as we take it at our meals, mixed intimately with other food, it is very acceptable, makes digestion more pleasant, and imparts a sense of satisfaction and a degree of strength that would otherwise be wanting. If, on the other hand, it be taken in bulk, and on an empty stomach, then acidity occurs, heart-burn comes on, eructations of fatty acids ensue, and a general sense of distress, of nausea, and even vomiting is felt. We see then that if the fullest benefit from cod liver oil is to be derived in wasting conditions of disease, the oil should be taken as it is always taken in health, as a food. In other words, it should be taken with the food, in the food, and at the time of eating. Physiologists and leading physicians pronounce it one of the foremost advances of our time, and to have revolutionized the old mode of giving cod liver oil. Our forefathers were wont to administer it in bulk, half an hour or so after meals.

The wise physician recognizes the fact that cod liver oil is a food, and that it should be taken the same as all other fatty food is taken, at meal-times with other foods. Pharmacists have been particularly happy in carrying out this scientific idea, and have combined cod liver oil with that most delicious and assimilable of foods, extract of malt, prominent among which may be mentioned one made by the Kepler process. The Kepler Solution of Cod Liver Oil contains a goodly quantity of the oil, agrees well with the stomach, is agreeable to take, and its administration is generally followed by increased weight and improved health, within even a fortnight's treatment.

A DOCTOR in Dayton, Ohio, is said to have an office on the street leading to the cemetery and a reversible sign. When a funeral passes the sign is turned over so as to display the following:—"Not my patient! I can cure every man that follows my directions."

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## HEART DISEASES.

UNDER the title "Is the American Heart Wearing Out?" Prof. J. W. Dowling, M.D., of the New York Homœopathic Medical College, recently read before the New York State Homœopathic Medical Society a paper which is of considerable interest and value, in view of the numerous deaths attributed to heart failure that have occurred in recent years in this country.

Dr. Dowling states that disease of the heart is certainly either more common among us than formerly or else the physician of the past failed to recognize this malady when it did exist. The object of his paper is to fathom the causes of the terrible mortality due to cardiac trouble, to call attention to the indiscretions that give rise to certain forms of the malady, to show how persons suffering from organic heart disease can, by their own unaided efforts, prolong their days, to account for heart failure as the cause of death in many diseases which, without this factor, would be recovered from, and to explain some of the most common forms of heart disease and correct certain misconceptions with regard to them, for it is popularly supposed that there is but one form of heart disease, and that invariably fatal.

At the outset, the author states, as the result of his long experience and special study, that cardiac disease is not necessarily fatal; that many apparently grave forms are entirely recovered from; that enlargement of the heart is not in itself a disease; that with serious valvular disease developed in childhood patients have been known to live to be aged men and women; and that with a large majority of those supposed to be suffering from disease of the heart, that organ is in reality perfectly sound, and, if affected at all, is suffering secondarily to functional disturbances of organs remote from the heart, and which are capable of proper hygienic measures.

Diseases of the heart may be divided into two general classes: those originating from an inflammatory process within the heart, and those originating from without. In addition to these may be mentioned certain nervous affections of the heart which are secondary to disturbances elsewhere, which subside with the removal of the cause.

The first class of cardiac diseases are common to all periods of life; they involve almost exclusively the left side of the heart, and more frequently the mitral valve, and result from an inflammation of the lining membrane, the endocardium. This inflammation is more intense along the edges of the valves, the tips of which subsequently develop a growth of fibrous tissue which causes a permanent deformity of the valve or orifice—"valvular disease of the heart"—the result being a permanent obstruction at that point.

A person suffering from valvular disease is crippled, "but," says Dr. Dowling, "if the nutrition of the heart be good, by avoiding indiscretions and adopting an occupation that does not require great physical strain, by living on a level, as it were, life may be prolonged in comfort for many years. All are liable to the diseases producing this form of heart lesion, whether their lives are good or bad, discreet or indiscreet, but not equally liable by any means.

Heart diseases of the second form are, save in exceptional cases, the direct result of hereditary influences or of indiscretions in life, and by proper knowledge and precautions can, in the majority of cases, be avoided; or, if already established, be checked in their progress. The predisposing causes of this form of disease are long-continued mental work, and such indiscretions as the habitual

use of wine or excess in the eating of food highly charged with nitrogen (such as beef, mutton, and venison), which bring about conditions of the digestive organs, especially of the liver, that result in arterial changes which cause the heart to fail long before it should. The author unhesitatingly asserts that the forms of heart disease which kill so suddenly, and which do not result from endocarditis, or the presence of a specific poison in the blood, arise in nearly every instance directly from the pathological condition known as "gouty diathesis," or lithæmia, due to certain disarrangements of the liver. Conceding that liver disturbance is the primary cause of the premature wearing out of the heart, it is proper to ask: What mode of life will prevent these diseases? and, When they do exist, how shall a life be regulated so as to avoid sudden death, or the rapid failure of that most vital of all organs, the heart? The answer to the first question is simple enough: A discreet life, temperance in all things, and particularly the avoidance of the above-mentioned indiscretions, especially the habitual use, even in moderation, of stimulating drinks, and the ingestion of too much meat. In answer to the second question, the author quotes approvingly the three following rules laid down by Dr. George Harley: (1) Take exercise without fatigue; (2) nutrition without stimulation, and (3) amusement without excitement.

**DEAF-MUTES IN AMERICA.**—Mr. Alexander Graham Bell says that the deaf-mutes of America are increasing at a greater rate in proportion than the population at large, both as regards the congenital and non-congenital cases. The numbers of non-congenital deaf-mutes show great and sudden fluctuations at different times on account of epidemical diseases that cause deafness. Meningitis is now the principal cause of deafness in America, and scarlet fever takes second rank. Statistics and the law of heredity indicate that marriages between congenital deaf-mutes result in deaf-and-dumb children, and the continuous intermarriage of congenital deaf-mutes from generation to generation may ultimately result in the formation of a deaf variety of the human race in America. Cases can be cited where deafness has been handed down through four generations, and in one family congenital deaf-mutes have appeared for five successive generations in increasing numbers, and in which the younger deaf-mutes are marrying parties who are themselves deaf and dumb. Mr. Bell regards the total abolition of separate institutions for the deaf and dumb as impractical, although they should be recognized as evils to be avoided as much as possible, as leading to acquaintanceships, and eventually intermarriages, between deaf-mutes. He suggests that the ordinary local schools should have a deaf-and-dumb class for the locally afflicted children, and thus prevent separation from their friends.

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## The Family Circle

"The child is father of the man."—Wordsworth.

"In bringing up a child, think of its old age."—Joubert.

### PHYSICAL TRAINING OF YOUNG CHILDREN.

By DR. FERNAN LAGRANGE.

(Concluded.)

Why, then, erect halls and apparatus if we can have the privilege of a spacious sward or a garden with broad walks? While gymnastic apparatus may be useful where there is not room to provide other means, what is to be said of heads of families having ample spaces in the country, with all desired conditions for natural gymnastics, who go to the trouble of constructing gymnasiums for their children? The tendency to look for the best misses its mark nowhere more sadly than in the physical education of the child, when it prefers complicated processes to natural methods, and neglects the best hygienic means as too simple or insufficient. In the belief that the child cannot take proper exercise without apparatus, when no apparatus is at hand, no exercise is taken. He must have a special master for the exercise, and his taking it is made to depend upon the master—to such an extent, that no one in the family thinks of the child's doing anything outside of the regulation lessons.

Instinctive gymnastics is, from the hygienic point of view, the best adapted to the regular development of the child. It is not liable to any of the objections we have brought against gymnastics with apparatus. It cannot deform the body, for it is made up of spontaneous movements, and conformed to the natural office of each limb. It does not localize the work in a particular region of the body, for all the limbs are instinctively invited to take their quota of exercise; and it does not seduce the child into efforts touching upon the limits of his strength. Instinct also invites him to the kind of work which is best adapted to his particular aptitudes for resisting fatigue. He has a natural disposition to perform light but frequently recurring acts, quick motions, which put him out of breath, while exercises with apparatus rather exact slow and intense efforts that bring on local fatigue. Now, all observers have noticed the wonderful facility with which a child recovers his breath, and his impatience of local fatigue. Finally, natural exercise, being the satisfaction of a want, is by that very fact a pleasure; and joy shines in the face of the child who is playing freely.

The partisans of artificial gymnastics object to this method that it does not give in mature age the great muscular force, the capacity to bear fatigue, and the refined dexterity of movements,—the various athletic and acrobatic qualities, in short, that should result from a complete physical education; and they assume that these superior qualities of the picked man, to be given the fullest vigour, should be cultivated from a tender age. They fall into the mistake, which is too often made in physical education, of not distinguishing between methods of development and perfecting processes. The physical education of the child, up to his fifteenth year, should have for its sole object to favour the growth of the body in all directions, particularly in height and weight; the perfecting of the structure of the organs, and the training of them by methodical exercise to a more complete performance, should come later on. The fourteenth year will be early enough to begin more energetic motions for hardening the flesh and developing

the muscles. Till that age, physical education should especially aim to remove from the child all influences that may be in the way of the free expansion and growth of the body. Among these harmful influences are two of opposite character that produce nearly identical results,—want of exercise, which makes the child emaciated; and excess of work, which stunts him.

This important distinction between developing and perfecting hygiene is well understood and observed by horse-trainers. They give colts nourishing food, free air, and room to gambol; and do not begin training them for work till they have acquired bodily growth and substance.

If natural gymnastics is enough for the animal, we may conclude from analogy that it would be amply sufficient for the child, if he had the conditions of space and time that are indispensable to the satisfaction of the instinct that impells him to exercise. When, then, the social conditions to which the child is subjected do not permit him to indulge in instinctive exercise, gymnastic methods as like as possible to those which instinct suggests should be sought for him.

The form of exercise that comes nearest to natural exercise is playing. It is nothing else than a more or less methodical regulation of the instinctive motions, such as every living being is prone to execute spontaneously when he feels the stress of the want of exercise. It may be called a natural exercise, for we see the young of every species of animals playing with one another, and may even observe their parents inciting them to play. The teaching of plays, which we find in all countries and ages, originates, we may suppose, in this tendency of the living being to educate his progeny physically by exciting him to enjoy himself in motion. Play, in the progress of civilization, has taken various forms, and has been subjected to methods that tend more and more to introduce into it an artificial element. Hence, sport has been developed from plays; the exercises called sports are in general simply plays that have taken a more methodical form, permitting a greater display of muscular force, exacting more complicated motions and a longer apprenticeship. It is sometimes hard to draw a clear line between sport and play. Fencing, equestrian, and canoeing are varieties of sport. Cricket is as much a play for children as an exercise of sport; in short, in the hygienic view, sports are half-way between gymnastics and play, and are therefore more suitable to youth than to children.

Plays give the form of gymnastics most congenial to the conditions of social life, for they are at the same time hygienic and recreative, and are as well adapted to the physical requirements of the child as to his moral needs. Physically regarded, they demand neither very intense efforts nor localized muscular contractions. Even the most complicated of them call out nothing more than combinations of simple movements and natural attitudes; while gymnastics necessitates abnormal combinations in the association of the muscles, with movements which the child, having never practised, has to learn laboriously. Play presents no difficulties comparable to those offered by gymnastics. If the child has not yet become adept in the game, he will play badly and lose his part; but he will play, and will at least gain the physical advantages of exercise. But when he is dealing with the abnormal motions or "turns" of gymnastics, if he has not yet learned the way of executing them, or acquired the knack, which it often takes a long time to gain, he only makes a pretence of exercising, and his effort is limited to a fruitless tentative, without any effective activity.

Besides the support of reason and observation, the method of exercise by playing has the sanction of acquired facts. It was the only children's gymnastics at the beginning of this century, and even now some nations have no other settled method of physical exercise. The English have never taken to gymnastics with apparatus; and the Belgians, after having tried it, are abandoning it and returning to play. No one can question the excellence of the results of the English method; the vigour and endurance of English youth are universally recognized, and their school-games constitute their whole gymnastics.—*Translated from the "Revue Scientifique."*

### REDNESS OF FACE AND HANDS.

THE colour of the skin depends upon the quantity of blood circulating in the very minute blood-vessels at the surface of the body. The quantity is regulated by the contractility and tone of the skin and walls of the blood-vessels on the one hand, and by the increased force driving the blood onwards on the other hand. Any causes, therefore, which weaken the contractile power of the skin render this tissue liable to undue redness. The prime factors which mainly interest us here, because of the contractile action indirectly due to them, are the horny layer of the skin and the film of oil which covers it. If one wash the face and hands with strong soap and water, and then walk out in the wind, the parts will become reddened and chapped. The oily film of the skin in this case has been removed and the horny layer and underlying tissues made more susceptible to atmospheric influences. The hands of the servant girl, from being frequently in hot water and soap, become after a time congested and puffed.

Those who are troubled with redness of the face and hands cannot do better than bear the foregoing facts in mind. Soap is, of course, an indispensable requisite of modern daily life; every one must use it; yet in this toilet-cleansing article there lurks the possibility of considerable harm to the skin, and this because of the free alkali present. For this reason, soap containing an excess of saponifiable fat, instead of free soda or potash, is by all means to be commended. Such an article is "Vinolia" Soap, by using which the liability to any injury is reduced to a minimum. Those who prize the health of the skin will find it to their advantage to employ this superfatted soap. Physiologists point out that the removal of the oily film from the skin renders the horny layer liable to soften, and so relaxation and redness result.

After the skin has been washed, an admirable plan is to apply a little emollient cream; by this course the tone of the skin will be preserved, the horny layer will not be softened, and the individual will find the redness gradually disappearing and prevented. Vinolia, a plastic emollient cream, innocuous in its composition, elegant to use, and perfection in its way, answers every purpose. By its use eruptions heal, itching and irritation are removed, and the integument is preserved in the most healthy state possible.

SOUNDS ABOUT RIGHT.—Teacher—"Now, children, I will give you three words—boys, bees, and bears—and I want you to compose a sentence which will include all three words." Small Boy—"I have it." Teacher—"John McCarthy, you may give us your sentence." John McCarthy—"Boys bees bare whin they go in swimmin'."

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♦ ♦ ♦

CAMPHOR in various forms, says a medical contemporary, is frequently recommended for colds in the head, although Dr. George Johnson and others long since indicated the dangers attending the use of concentrated alcoholic solutions. The following method of application is suggested in a Swiss pharmaceutical journal, and certainly has the merit of simplicity:—A jug is half-filled with boiling water, into which a teaspoonful of well-powdered camphor is thrown. A funnel-shaped paper cap is then placed on top of the jug, and a hole torn in it just fitting the nose. The camphorated steam is inhaled through the nose for ten or fifteen minutes, the inhalation being repeated if required every four or five hours. If the patient resolutely persists with the inhalation, in spite of its unpleasantness, it is said that three repetitions will always effect a cure, however severe the cold may be.

♦ ♦ ♦

DR. ROTHE, having met with some unfortunate cases of whooping-cough treated with antipyrin, turned his attention to a combination of iodine with carbolic acid in the treatment of this affection, and with this combination he has obtained excellent results. He has, he says, treated hundreds of cases, and cannot remember one in which the affection lasted longer than four weeks, besides which no fatal case occurred. The mixture he employs is as follows: acid. carbol., fifteen grains; sp. vin., fifteen grains; tinct. iod., ten drops; tinct. bellad., thirty grains; aq. menth. pip., two ounces; syr. opiat., 150 grains. A teaspoonful of this is given to children over two years of age every two hours. When this treatment was carried out from the commencement of the complaint the severity was never great, and even when it was only begun in cases that had been going on for six or seven weeks, it soon cut them short.

♦ ♦ ♦

MR. J. H. FISHER says that he had some years ago prepared, at the suggestion of a medical practitioner, a compound liquorice powder, which was in some respects an improvement on the pharmacopoeial powder; it had a pleasant taste, tart rather than sweet; it was more easily miscible with water, it was less liable to gripe; it was, however, a somewhat more powerful aperient, and had some diuretic and "refrigerant" properties. The formula, which differs from the formula of the Pharmacopoeia by the substitution of cream of tartar for some of the sugar, is as follows: Senna, two parts; liquorice powder, two parts; fennel, one part; sublimed sulphur, one part; cream of tartar, four parts; sugar, two parts.

♦ ♦ ♦

DR. G. M. GOULD, of Philadelphia, recommends the use of glycerine suppositories in constipation. All that has been said in praise of glycerine enemata applies to the effects of suppositories, except that the latter are

somewhat slower, owing to the time needed for their solution in the bowel. They are also somewhat less certain in their action, on account of the medicament contained in them. By using an especially hard Castile soap, 90 per cent. of glycerine can be incorporated in suppositories weighing fifty-two grains each, and these are efficient in the majority of cases. As the total amount of glycerine in each (forty-six grains) is not quite two-thirds of that generally used for an enema (one fluid drachm, equal to seventy-five grains), there would be no objection to giving two at a time, if the constipation does not easily yield to one. Being very hygroscopic, they must be wrapped separately in tin-foil, when they keep very well. One can imagine no more elegant method of producing an intestinal evacuation than by the use of these preparations. Smaller suppositories for babies, holding ten or more grains, are also supplied. Though glycerine suppositories are somewhat less certain than the enemata, they are not only much more convenient for private practice, but, owing to their rather slower action, entirely unproductive of discomfort, even in the occasional instances in which the enemata have caused slight burning.

♦ ♦ ♦

DR. A. H. ROCKWELL uses balsam of Peru in cases of cut and bruised fingers and hands, and they are found to heal quickly, with very little suppuration or inflammatory action, and in many instances almost absolutely without either. In cases where the tissues are bruised and mangled, and where we should expect a good deal of sloughing, they become dried and hard; and, after the wound has healed, they separate and are detached much like scabs from the surface of a wound. The balsam is also hæmostatic. This dressing is applied on lint or cotton. The advantages which may be claimed for it are that it furnishes perfect protection (it practically seals the wound), is clean, has a pleasant odour, does not require to be frequently renewed—for there is almost entire freedom from suppuration—and the results have been uniformly satisfactory.

♦ ♦ ♦

To make voice lozenges, Dr. Hinkle recommends the following formula as the best. It is very useful in the ordinary hoarseness of singers and speakers. A small piece should be allowed to dissolve in the mouth just before vocal exertion:—Cubebs, half a grain; benzoic acid, one-third of a grain; hydrochlorate of cocaine, one-seventieth of a grain; powdered tragacanth, quarter of a grain; extract of liquorice, five grains; sugar, thirteen grains; eucalyptol, quarter of a minim; oil of anise, one-twentieth of a minim; black currant paste, enough to make twenty grains.

♦ ♦ ♦

To make lozenges for fetid breath, the following is a formula. Roasted and powdered coffee, 75 grammes; powdered charcoal, 25 grammes; boracic acid, 25 grammes; saccharin, 65 centigrammes; tincture of vanilla, 9.5 centigrammes; mucilage, 9.3 centigrammes. To make lozenges weighing 70 centigrammes each.

♦ ♦ ♦

FOR treating bunions—that most troublesome of complaints—wash the feet with soap and water and then dry them. The healthy skin surrounding the bunion is protected by means of a layer of flexile collodion, and the bunion is then saturated with crystallized carbolic acid, melted by the aid of heat. The superfluous acid is blotted up with a little wool or bibulous paper. The application may require to be repeated at intervals of three or four days, and one or two applications generally suffice to effect a cure.

In nose-bleeding, Dr. Geneuil uses an ordinary glass syringe, with which he washes out the nostrils with warm water as a preliminary to injecting a syringeful of freshly expressed lemon juice. He has succeeded in arresting promptly several violent attacks of epistaxis by this means, and seldom more than one application was required. The author does not credit the citric acid with the styptic properties of the juice, he having on several occasions substituted a concentrated solution of citric acid without obtaining equally good results. The juice contains other substances besides the acid, to which its effects are probably largely due. Nose-bleeding in very many cases is simply an effort of nature to overcome an abnormal condition of the liver, and can generally be prevented by regular dosing with antibilious medicine, such as colocynth and blue pill. People are, however, more exercised to know how to stop the hæmorrhage when it comes on, so that it is useful to note that Dr. J. Hutchinson has never failed to relieve it by immersing the feet and legs as far as the knees in water as hot as can be borne. This brings to mind the old-fashioned cure—a cold door-key placed on the nape of the neck, which quickly does its duty. The application of cold to the nape of the neck is useful for other purposes. In sleeplessness, for example, which has been induced by excessive mental strain or excitement, it is good for the sufferer to apply cold water with a sponge to the back of the head, dousing it for a few minutes, and then drying with a rough towel. Those who occasionally suffer find this plan of advantage, but habitual sufferers cannot rely upon it.

✦ ✦ ✦

A CORRESPONDENT refers to a medical suggestion that coffee almost entirely disguises the somewhat disagreeable taste of antipyrin. If a tabloid of antipyrin, or its aqueous solution, be added to a cup of coffee, made with milk and sugar in the ordinary way, the mixture may be drunk without tasting the drug. But tabloids of antipyrin, in our experience, are swallowed so easily and readily, that there is no need for coffee or any other fluid by way of disguising their taste.

WASTED EFFORTS.—Charitable Visitor (about to leave the hospital)—“I never saw such a cold-hearted person as that patient near the window. I read one of Heber Newton's sermons fully ten minutes, and he didn't show the least emotion.” Attendant—“I'm sure he didn't mean to hurt your feelings, mum; he's deaf as a post.”

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## Public Health

“Health is the first Wealth.”—Emerson.

### THE PREVENTION OF SCARLATINA.

DR. BEUMLER gives some statistics showing the high rate of mortality from scarlet-fever, and reviews the complications which may occur. Prominent among these is albuminuria, to which he calls especial attention. A careful distinction is to be drawn between the albuminuria frequently occurring early in the disease, accompanying high fever, and lasting but a few days, and that developing at the third or fourth week, which is often very persistent and may be attended by all the evidences of a severe nephritis, though the amount of albumin be small in amount. Regarding the prevention of scarlatina, the two questions arise—whether this is possible, and whether it is necessary. Though this disease is so much more dangerous than measles, the disposition to get it is very much less. Only in a few of the early years of childhood is there a really considerable tendency to catch it from others, and this rapidly grows less with advancing age. An important point, therefore, is that the longer the child can be protected from the disease, the greater is the likelihood that it will escape it entirely.

As is well known, the contagium of scarlatina is always derived from some other case; it possesses a very great vitality; it is active from the earliest beginning of the disease until far into convalescence; and it usually requires a very short period for its incubation. The author reports cases to show that the breath may carry the contagion before the appearance of any eruption, though the chief danger is during the stage of desquamation. It is therefore absolutely necessary to isolate patients as soon as possible. The clothes can be disinfected, but it is virtually impossible to disinfect the epithelial covering. A fixed time during which the patient must be isolated cannot, therefore, be named, but the child must remain away from others until the shedding of the epithelium, especially that of the palms and soles, is entirely completed. The author has known this to require sixty-three days from the onset of the disease, and a still larger number has been reported by others. Desquamation (or skin-peeling) can perhaps be hastened by bathing with warm soap-water, and the dissemination of scales hindered by inunctions. It is very important that the scalp be treated in this way, as the scales of this part are fine and are shed early. A convalescent room is of especial value for those patients who feel well, but who cannot with safety mingle with others.

Children who have come in contact with cases of scarlatina should remain under observation ten or twelve days before again joining other children. Those in attendance upon the patients should wear some outside garment in the sick-room, and change their clothes and wash their hands in carbolic water on leaving it. The sick-room should be thoroughly aired every day, with proper precautions that the patient take no cold. All the linen used about the patient is, while still in the sick-room, to be put in a three per cent. carbolic acid solution, and then boiled with a strong soap. Shoes are to be disinfected with the carbolic water, and clothes treated with steam. The walls of the sick-room, if painted or papered, are to be rubbed down with bread after the patient has been removed, the iron and wooden furniture and the floors washed with a carbolic solution,

and the curtains, mattresses, &c., subjected to steam. Special vehicles should be employed to bring children with scarlatina to hospitals. Finally, precaution should be observed against the carrying of the disease by third persons, domestic animals, books, letters, milk, &c.

In connection with the above, a communication of Dr. Whitelegge is of interest. It seems to him probable that a lull in the infectiousness of the disease may occur about the end of the first week, at the time when the acute symptoms are subsiding and desquamation has hardly commenced. To determine this point, he analyzed 1,700 cases, of which he had exact particulars, and found, in fact, that the infectiousness suddenly decreased at about the sixth day, and increased again about the twelfth day, reaching its maximum by the sixteenth day.

### LEAD POISONING FROM UNSUSPECTED SOURCES.

DR. FALLON P. WIGHTWICK has recently published three cases which point to the desirability of the medical profession offering an earnest protest against the preservation of articles of diet in tins, instead of in bottles. The first case was that of an account-book binder of 42, married. Up to ten months ago his work had been a pleasure to him. Now everything became "a misery to him:" he felt languid and incapable of energy, turned against his food, and complained of continual headache and obstinate constipation. These insidious symptoms were steadily increasing until the beginning of last July, when he suddenly developed an attack of gout, lasting four days. Thereafter he had colic with increasing constipation. The present attack commenced on September 24, with very severe pain in the abdomen, especially referred to the umbilicus. His face was pale, with an anxious expression, and cold perspiration; the bowels were constipated; the urine contained a trace of albumen, the specific gravity being 1010; the gums presented a well-marked blue line; there was no paralysis of the extensor muscles.

The difficulty was to account for the entry of lead into the system. The man used no lead at his work, and none of his fellow-workmen had suffered. He lived with his wife and seven children, all of whom were strong and healthy, and he was in the habit of eating his food at home with them. It was then discovered that he was accustomed to eat large quantities of tinned tomatoes, but that none of his family liked them or would eat them. For three years he had usually eaten two tins a week, preferring the tinned to fresh tomatoes, and always the same kind. An analysis of the contents of the tin showed that the stannic salts expressed as the oxide were present to the extent of 0.987 gr. per pound of preserved vegetable; and that the lead salt, weighed in the form of chloride, amounted to 0.339 gr. per pound of sample, with a slight trace of bismuth. Thus, practically, this man may have taken  $\frac{2}{3}$  gr. to  $1\frac{1}{3}$  gr. of lead salt each week for two or three years.

A new cause for lead poisoning has been discovered by Dr. H. C. H. Herold, of Newark, N.J. By a careful enquiry into the history of the cases under his care he found that they were all great soda-water drinkers, and samples of this proved the existence of lead in sufficient quantities to cause the poisoning. Dr. Herold next directed his attention to the patent stoppers, and found them of two kinds, the one containing 42.4 per cent. lead, while an unstamped variety contained 83.6 per cent. Probably the latter, being the cheapest, is that in common

use. When the soda-water is brought in contact with the stopper, the excess of carbonic acid forms an insoluble carbonate of lead; the carbonic acid dissolves the carbonate of lead; and thus what was at first a harmless carbonate becomes bicarbonate of lead. Dr. Herold's investigation should lead to the abolition of all lead-fittings to soda-water bottles, and to pipes in stationary soda-water apparatus; for the presence of this metal is a grave source of danger to public health.

**A STOPPER FOR RATS.**—A correspondent says: Soak one or more newspapers, knead them into a pulp, dip the pulp in a suitable solution of oxalic acid. While wet, force the pulp into any crevice or hole made by mice or rats. Result,—a disgusted retreat, with sore snouts and feet, on the part of the would-be intruders.

**BRITISH VETERANS.**—Three veterans have come under the notice of the daily press this week, two on account of their death, one for quite a different reason. On Saturday, died one of the last surviving naval heroes of the great French war, Commander William Blackmore Noble. He was born in July, 1789, so that he died in his hundredth year. He entered the navy as a cadet in 1803, and saw much service from then till 1815. He retained his faculties up to a very few days before his death. On the same day died a gentleman, well known in the world of letters, Mr. Samuel Carter Hall, born in 1801. He was on very familiar terms with London medical celebrities of the last generation. Last, but not least, comes another veteran of the great war, Captain Gammell, who, we are glad to say, is still living. Yet more satisfactory is it that he has received due honour for his services, although he has awaited official gratitude for seventy-three years. He fought as an ensign in the Peninsular war, but "by some strange oversight," of a type not uncommon in this country, he never received the Bayonne medal. Last week, however, the Jubilee medal was forwarded to him, with a letter from Sir Henry Ponsonby on behalf of the Queen, and the Peninsular medal with the clasp for the Nivelles, forwarded by the Duke of Cambridge. Thus in 1889 we see awarded a "Peninsular clasp," generally associated in the minds of middle-aged men now living with aged veterans whom they sometimes beheld in their schoolboy days. In looking down the obituary column of the *Times*, on Tuesday, we find that out of forty-seven deaths, eight were of persons over eighty. Of these, one (Mr. S. C. Hall) was in his eighty-ninth year, and one had reached the patriarchal age of ninety-five. It must be remembered, however, that those whose deaths are announced in the *Times*, belong to sections of society where the circumstances which favour longevity prevail.

J. BURNS GIBSON, ESQ., M.A., M.D., writes to SPRATT'S PATENT Limited:—"5, Greenhill Villas, Harlesden, London, November 27th, 1888.—I have had ample and many opportunities of testing the value for bodily health and vigour of your Whole Meal Biscuits. For children, I find an almost perfect farinaceous food, containing all the elements of bone, brain, and muscle nourishment. They may be sometimes steeped and soaked with advantage in milk or water; but, eaten as they are sold, they have a very special utility, as teaching and encouraging that most indispensable habit of patient and perfect mastication and insalivation. To adults of constipated habit of body, their use is beyond doubt. This has been proved in my experience. In overcoming the evil habit of 'bolting' food, so common a cause of dyspepsia amongst busy city men and others, they furnish the material of an adequate discipline; while, used by ladies and people of sedentary habits,—say, two or three daily,—I find they obviate the need to have recourse to 'physic.'"—Of all dealers, per tin about 7 lbs., 2s. 9d.; per tin about 14 lbs., 5s. 3d.; or of SPRATT'S PATENT Limited, London, S.E.—[ADVT.]

## Popular Science Papers

"Blessings on Science! When the Earth seemed old,  
When Faith grew dotting, and our reason cold,  
'Twas she discovered that the world was young,  
And taught a language to its lisping tongue."

—Charles Mackay.

THE SHADY SIDE OF BRAIN WORK.  
PAPERS ON DREAMS, MESMERISM, AND ALLIED  
TOPICS, BY VARIOUS WRITERS.

THE OPEN GATE OF DREAMLAND.

By W. A. CROFFUT.

FIRST PAPER.

CAN a mesmerized "subject" be made unconsciously to commit murder, arson, burglary, and other crimes?

This is the grave question which has been brought into prominence by recent experiments in Europe, and which is so important to the welfare of society that students of psychical phenomena should take no rest till it is answered.

Since early school-days I have been interested in the occult—in those mental phenomena and states, concerning which so little is known that they are regarded as mysterious. My attention has always been sharply arrested by the alleged causes of aphasia and heterophemy; by the marvels of clairvoyance and unconscious cerebration; by the various definitions of the Nirvana of the Hindoos; by the curious effects of hasheesh, nitrous oxide, and opium; by somnambulism, and by that creative and rhythmic sleep in which Coleridge said he composed the weird poem, beginning:—

"In Xanadu did Kubla Khan  
A stately pleasure-dome decree,  
Where Alph, the sacred river, ran  
Through caverns measureless to man,  
Down to a sunless sea."

For thirty years I visited every travelling mesmerist that came along, and marvelled at his experiments. After observing them under scientific conditions, and carefully eliminating Beard's "nine sources of error," I became quite certain of their genuineness, and a year or two ago began to practise upon such sensitive people as I could induce to submit to manipulations.

I did as I had seen mesmerizers do: sequestered the person as completely as possible from conversation, laughter, and the company of others; asked him to sit at perfect ease, and to close his eyes and keep them closed for some minutes. I touched his forehead with gentle pressure, then told him firmly that he could not open his eyes, necessarily accompanying that assurance with a strong desire that he should keep them closed.

The first success in mesmerism (or hypnotism, if the reader prefer the Greek synonym) surprised me greatly, because it did not appear that the small cause was at all adequate to the tremendous result. There was before me a sturdy man apparently helpless, apparently subject in all things to my direction and caprice, apparently unconscious of his surroundings, seeing nothing, hearing nothing, knowing nothing, not even his powerlessness in the presence of a dominant mood and purpose. There was no collusion; for I had never seen the man, nor he me, till five minutes before. I did not know his nativity or his name, or where he lived or anything about him. I had not even been aware of "bringing my will to bear on him" in any sense other than that in which we employ it to second and enforce any desire. Yet there

he sat, apparently deprived of all ability to lift his hand without my permission; and I experimented with him till I proved that the appearance was a reality, and that he was absolutely subject to my suggestion.

Right here let me say that this influence over him was cumulative and progressive. At first he was only passively responsive. I could keep him still, but could not make him move. I could close his eyes, fasten his clenched hands together, prohibit his rising, prevent his speaking, and control all his muscles; but, for a time, could not subject him to active hallucinations through his senses.

I had mesmerized him two or three times before. Becoming perfectly subjective, he entered the open gate of dreamland and saw and heard imaginary voices and sights to which I called his attention. Since that time I have similarly experimented upon some dozens of ladies and gentlemen successfully, though in two or three instances I have been able only to control their muscles, and have totally failed to subvert their senses or their consciousness.

It is sometimes a long step from the loss of power over the weak and fluttering eyelid and that ludicrous loss of perception in which a roll of paper becomes a dagger, a glove becomes alternately a bird and a snake, and a broom becomes a banjo.

The various stages of mesmeric control seem to follow each other somewhat in this way: first, bewilderment and doubt; second, muscular obedience—and up to this point the responsive is wholly or partially conscious of his identity and surroundings; third, lethargy, or tendency to sleep; fourth, surrender of the senses and loss of identity; fifth, catalepsy; sixth, complete hallucination, or waking dream.

The word "responsive" is used by me as a noun to designate a person who has been placed under mesmeric control—the usual word "subject" meaning too much, and being often offensive; and the word "sensitive" meaning too little, as thousands are very sensitive and susceptible to all nervous and intellectual influences who are apparently not mesmerizable.

When I reflected that mesmerism, by most minds, is still assigned to the domain of the supernatural; when I realized that the slight and fragmentary contributions of Braid, Charcot, Obersteiner, Beard, Hammond, and Carpenter were so valuable and important that they had laid the foundation of a true mental philosophy; and when I glanced at the multitudinous books written on the subject, both of those who had and those who had not personal experience with mesmerism, and marked the audacious alacrity with which Campi in Italy; Gilert, La Tourette, and Deleuze in France; and Bovee Dods, Durant, and Gregory in England and America, had derived facts from dreams and dogmas, from guesses, it seemed that a plain narrative of my observations might possibly be of service.

This inference was strengthened by the eager interest recently shown by intellectual people. The *soirées hypnotiques* in Washington have been attended and actively participated in by Secretaries Vilas and Whitney, Postmaster-General Dickinson, Gen. John C. Black, Gov. N. J. Colman, Senators Ingalls, Platt, Palmer, Jones, Spooner, Morgan, and Harris, by admirals, military men, Congressmen, supreme judges, and authors; ladies and gentlemen who desire to know the latest word that concerns the problems of mind and the development of the race.

Besides this, the Philosophical Society of that city, the most important in the United States, I believe, has held several meetings for the investigation and elucidation of

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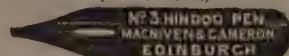
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(IN 3 GRADES.)



"With oblique points, are inestimable."—*Oban Times*. ASSORTED BOX OF M. & C.'S PENS, 1s. 1d. BY POST. MACNIVEN & CAMERON, EDINBURGH.

this subject, and shown a disposition to follow up discussion by original research. I am not a physician, and yet I entertain myself and friends with mesmerism; and I submit that the proclamation of Dr. Charcot, from his chair in the Salpêtrière, Paris, that every laic mesmerizer ought to be prohibited by law from "meddling with this dangerous power," is somewhat cooler than Nova Zembla, in view of the fact that a great layman, Mesmer, first brought it to the attention of mankind, and was hooted, derided, persecuted, robbed, and driven into exile and poverty by the bigoted guild of which Dr. Charcot is so illustrious a member. This is a prohibition that will not prohibit.

In this article I ignore what may be called the mystic side of mesmerism. Of that I know nothing. Of the alleged "magnetic fluid," or sublimated effluence which Mesmer, Deleuze, and most mesmerists have believed in as an agency necessary to effect their purpose; the presence of Gregory's "odilic light;" of the potency of the magnet; of clairvoyance, enabling the responsive to read books he cannot see and describe scenes he has never visited; of Pechner's "material soul;" of thought-transference, enabling the operator to convey his ideas to the mind of the responsive by a mere effort of the will; of the transfer of disease to the mesmerizer; of Dod's theory of "negative blood and positive lungs;" of the power of the magnetic tub and shining button; of Durant's "polarity of man" and the transposition of molecules; of these mysterious influences and occurrences I have no knowledge. My own experiments have not revealed any of them, and, failing to do so, have suggested that they may all be delusions arising from the practice of the deductive rather than the inductive method.

Mesmerism, like natural sleep, is a state of being thrown out of harmony with environments. It is thus akin to lunacy. Every man is mesmerized once a day—self-mesmerized when he goes to sleep—but the hallucinations are not usually expressed, much less acted out with dramatic intensity, as in this curious imposed trance. Many believe that mesmerism has its source in spiritualism, and that the intranced person actually sees the forms and hears the voices of departed human beings. I have never had the least evidence tending to justify any such conclusion. There seems to be nothing in hypnotic hallucinations showing whether man is an angel or a clod, whether he is an indestructible soul waiting for release from his cage to soar like a bird to the stars and live for ever, or merely the transitory crown of earth's fauna, struggling with the hopeless problems of his destiny between ice-age and ice-age.

**TRANSMISSION OF DIPHTHERIA.**—Dr. De la Roche believes that diphtheria can be transmitted from animals to man. He has had under his care two women suffering from diphtheria, which he thinks he has traced to the contamination of drinking water from a cistern by the excrement of pigeons, which had been washed down by the rain from the roof on which these birds had perched. Admitting the possibility of the transmission of diphtheria in this manner, the means of combating it are simple. In places where spring-water and well-water are not available, or where the supply consists of rain-water collected in cisterns, it is well to limit pigeon-breeding, and to construct dove-cots as far away as possible from dwelling-houses. As to the construction of cisterns, they should be built according to the rules of public hygiene laid down by Gania in his work entitled *Utilité des Cisternes*.

## Jottings from the Journals

"Th' ingredients of health and long life are  
Great temperance, open air,  
Easy labour, little care."—*Sir Philip Sydney.*

**How Sanitation Saves Life.**—First, we may consider the effect of sanitary measures on the general rate of mortality in England and Wales. I have elsewhere discussed this subject in detail, but may here briefly summarize the more important conclusions in the following tabular statement:—

| Passing of Public Health Acts. | Groups of Years.                                                      | Mean Annual Death-rate per 1,000 of the Population. |
|--------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------|
| Public Health Act of 1872      | { Ten years—1862-1871<br>Five years—1872-1875                         | 22·6<br>21·8                                        |
| Public Health Act of 1875      | { Five years—1876-1880<br>Five years—1881-1885<br>Two years—1886-1887 | 20·8<br>19·3<br>19·0                                |

It will be seen that directly the first Public Health Act came into operation, the death-rate, which had previously shown no tendency to fall, began to decline. From the date of the passing of the second Public Health Act, with its more stringent regulations, there has been again a steady decline, and the death-rate of 1887 was lower than in any previous year since civil registration first began in 1837. These figures represent an enormous saving of life. Had the death-rate in the decade 1872-81 been identical with that of the previous decade (1862-71), then we have the authority of the Registrar-General for the statement that the 5,155,367 actual deaths of this decade would have been 5,548,116; which implies a saving of 392,749 lives under the new régime. Were we to include the last six years in the comparison, the saving of life would be found to be even greater. Nor can the preservation of life be held to comprise the total benefit of improved sanitation. For every death there are probably five cases of serious incapacitating illness, involving loss of work, expense to relatives, and drain upon the poor-rates. We have made no allowance for those who are permanently maimed by preventible diseases, and those whose lives are rendered unproductive and burdensome by the after-consequences of disease. If we take individual diseases, the benefits derived from sanitation are seen to be already gigantic in their extent. Perhaps no two single diseases illustrate these benefits better than (typhoid) fever and consumption (phthisis). "Fever," which is chiefly typhoid, caused 23,034 deaths in 1865, and 17,910 deaths in 1870, as compared with 5,873 in 1887; so that, although the population since 1870 has increased by 18·6 per cent., the mortality from fever has decreased by 67·2 per cent.! The close association of typhoid fever with sanitary defects is thoroughly recognized. It is not so generally appreciated, however, that consumption (phthisis) is likewise due to sanitary defects. Dr. Buchanan's researches showed that after the execution of main drainage and other sanitary works in various districts, involving drying of the subsoil, the mortality from consumption fell in some cases nearly as much as 50 per cent. The influence of overcrowding and a vitiated atmosphere in the causation of consumption are also well established. Perhaps, so long as architects continue to die quietly in their beds, we can scarcely expect to secure efficient ventilation in our dwelling-

houses; but that much has already been done is shown by the fact that while in the decennium 1861-70 consumption caused on the average 2,475 annual deaths per million of the population, in 1887 the rate had fallen to 1,591 per million. The average annual number of deaths during 1861-70 from consumption was about 52,900; in 1887 it was 44,935, not allowing for increase of population, showing an annual saving of 7,965 lives, a larger number than the total present mortality from fever. I am aware that some of this decrease in mortality from consumption has been ascribed to the fact that, as medical practitioners have become more exact in their diagnosis, cases which were formerly registered as phthisis are now returned as respiratory diseases; but I have elsewhere shown (*Vital Statistics*) that this only accounts for a small proportion of the reduction in consumption.—*Dr. Neusholme in the "Sanitary Record."*

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**Ladies as Nurses.**—It has become so very usual for ladies to seek an efficient training at some hospital, or school of nursing, that there is now a widespread interest taken in the position of nurses in the hospitals, and in the arrangements and rules under which they work. This fact is indicated by the various discussions on the matter which have recently appeared in the daily press. Good hospital nursing requires a staff of well-trained, thoroughly efficient nurses, and a continuous influx of probationers to supply the places of trained nurses, who constantly pass away to undertake other engagements. A probationer, to make a good start, needs as primary qualifications good health, intelligence, good sense, and good feeling—qualities which are happily not confined to any class of society, but qualities which are of still greater value when combined with a good education and cultivated refinement. To note symptoms in the intervals of the medical visits, to keep temperature charts, to keep surgical dressings aseptic, and to discharge all the various duties of a ward nurse, demands thoughtfulness as well as attention. It is, then, to the advantage of the good working of any hospital that probationer nurses should be selected from among the most suitable women who apply for these posts; and as the number of applicants for a hospital training far exceeds the number that can be admitted annually, it is the duty of the matron to select those most eligible, whether they be ladies by birth or not. It is the duty and the interest of the Managing Committee to make provision for the nurses as to domestic comforts and diet, and also as to the hours of duty and ward work, such as may be compatible with their health and careful attention to the patients. The diet, while plain, should be sufficient in quantity, well-cooked, and varied, not being fixed according to a definite rota, which disgusts many an appetite; and sufficient time should be allowed both for the taking of meals and for exercise. We have known of many cases where ladies, coming from homes of luxury, have felt the plainness of the food as disagreeable; in such cases it cannot be expected that the dietary should be altered to please them; and in most, if not in all, institutions it is possible for the lady nurse to obtain additional table luxuries at her own expense. With regard to the work done by nurses and probationers, doubtless the poorer institutions are at a disadvantage; but in the well-supported larger hospitals, where the total amount of work is large, where patients change quickly, and the nurses duties are proportionately heavy, it seems to work much better to provide ward-maids and scrubbers, coming to the hospital daily to cleanse the floors and lockers, &c., and to attend to the fires, leaving the smaller details of cleaning and

the important duties of attendance upon the patients as the sole duty of the nurses and of the probationers under them. It is usually a good principle in any business to keep the most able servants to the best work, providing cheaper service for the more menial occupations. The matron superintends the whole nursing department, the sister supervises the ward, and the nurses and probationers, ladies and others, share the work of attendance upon the patients and minor details of cleaning and tidying, while the ward-maids and scrubbers keep the wards clean. Such is the ideal of the female service of a hospital as it is carried out in the best-arranged institutions.—*British Medical Journal.*

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**Dairy Farms and Public Health.**—Exact medical knowledge, I would venture to say, does not warrant us in attributing milk infection to human agency more than to cow malady, yet the one theory of infection is recognized by the legislature and the other is not. Stringent precautions, I consider, should be taken for the exclusion of both possibilities, and the administration of the dairy farm should be so ordered as to protect the cattle against communicable disease. The dairy farmer can do more than at present is done in regard to this. He should certainly not place among the rest of his herd any newly purchased animal until it has been submitted to a careful quarantine of a month, and his premises should be arranged so as to afford facilities for such isolation. This quarantining should extend not only to the separation of the cattle, but to arrangements being made for the milking of those in quarantine by a person not employed for the milking of the others; and lastly only after a careful inspection should this period of quarantine be declared at an end. Again, if communicable udder disease should appear in any animal in the general sheds, it should be isolated, and the same precautions taken in regard to it as are held to be necessary for animals newly purchased. By one small detail the dairy farmer can do much to prevent the infection of others of his herd if any one of them should come, in spite of his care, to suffer from communicable udder disease. If the milker would adopt the habit of washing his hands after the milking of each cow, the probabilities of conveyance of infection from one cow to another would be enormously diminished, for there is no doubt that the milker's hands are the usual means by which the infection is carried. In claiming that this rule should be observed on every English dairy farm, I am doing little more than asking that Englishmen should not be less negligent than Danes. In Denmark the rule is to wash after the milking of every two cows, and already, I am glad to say, on some English farms the practice of handwashing after the milking of each cow is adopted. The results, I am told by those farmers who take this precaution, have been entirely satisfactory; and though it has not prevented the occasional appearance of this form of malady on an individual cow, its extension to the rest of the herd has been limited in a marked degree. The amount of trouble this habit of cleanliness would entail upon the milker would be nothing as compared with the ample return it would make to the farmer in the increased healthiness of his stock.—*Mr. Shirley Murphy, in the "Practitioner."*

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**VISITOR (to sick woman):** "How are you feeling this morning, Mrs. O'Toolihan?" **Mrs. O'Toolihan:** "Och, leddy, it is that bad Oi am wid a complication of troubles,—rhematism, lumbago, and all; and it was only this marnin' that the docther,—Hiven rist his sowl!—said there were decoided syptoms av convalescence."

## Sanitary Appliances. Etc.

### BUNTER'S TOOTH PREPARATIONS.

THE name of "Bunter" has become well-nigh "familiar as a household word" in respect of the dental preparations associated with it. Of the Dentine and Nervine made by this firm we have already had occasion to speak in terms of praise. They have stood the test of time, which proverbially tries all things; and if we may exercise a gift of prophecy at all, the same happy fate should be in store for the "Puriline" tooth preparations of Bunter, made by Mr. Wilson, of 422, Clapham-road, London, S.W., and sold by all druggists. The "Puriline" products are two in number, and include a Tooth Polish and a Tooth and Mouth Wash. We venture to think the Puriline Tooth Polish will commend itself to that large class of persons who, while discarding tooth powders, do not care for tooth soaps on account of the feebly cleansing action of the latter. The Tooth Polish under notice appears to us to possess all the properties of a tooth-cleaner and of a mouth-detergent. It produces a most agreeable foam in the mouth, and its composition is also well adapted for cleaning the teeth-surfaces. Puriline Tooth Polish is sold in neat boxes, and is applied simply by moistening the tooth-brush in water, and by taking up a little of the polish on the wetted brush. The Puriline Tooth Wash, in its turn, is to be commended as an excellent mouth-wash and antiseptic. A French observer has lately exercised his talent in discovering that the human mouth is a veritable hot-house and growing-ground for over thirty different kinds of bacteria or germs—most of them, fortunately, harmless to life, but some intimately connected with the decay of teeth and with the production of disagreeable conditions and ailments of the gums. For the destruction of such germs, and for the cleansing of the mouth and gums, Puriline Tooth Wash will be found an excellent preparation. It is antiseptic in character, of grateful and fragrant odour and taste, and for smokers should become a necessity in view of its good effects in abolishing tobacco odour. We may add that persons who possess artificial teeth would do well to use this Tooth Wash regularly, for the purpose of cleansing the dentist's handiwork, and of obviating soreness of the gums.

HEALING OF THE BROKEN BONES OF BIRDS.—It is not often that doctors are able to observe a broken bone almost in the very act of healthful healing, as has recently been the privilege of Dr. R. W. Shufeldt. He obtained on the same day a red-tailed hawk and a turkey-vulture which had been shot while high in the air with an 0.45 calibre Government carbine; the ball in the former case passing clear through the chest, and in the latter case breaking in two the radius and the ulna. The hawk's wound could not be discovered, and the bird was apparently whole and vigorous. When killed and dissected, three weeks afterwards, it was found that all of the costal ribs and the scapula had been broken across, but were now substantially healed. The ribs had individually made a good union, and there was no anchylosis among them, and the blade of the scapula, though not perfect, was in essentially as good a condition as ever; the whole constituting a case of "a fearful wound with a truly magnificent recovery." The buzzard, besides having been shot, had been kicked about by the soldiers, "and was more dead than alive." It had recovered, and could fly well in about a week, when it was killed. The union of the bones was complete and firm, and a mass of callus was being rapidly absorbed at the sides of the fracture, while the bones had remained practically straight. From this and other cases within his experience, the author is convinced that, in case of fractures of the bones of the wings in birds, the good unions that result with hardly any deformity or shortening are largely due to the material assistance afforded by the quills of the primary and secondary feathers, which act as splints. Were this not the case, and if deformity ensued, the bird would be crippled in its power of flight, or deprived of it.

## IMPORTANT ANNOUNCEMENT.

### COMMENCEMENT OF A NEW VOLUME ON FRIDAY, APRIL 5th.

#### BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Book-stalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to any one who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and not to the Editor.

"MAMMA," said Albert, "do you believe in the faith cure?" "Yes, dear," said mamma, "and I practise it, too." "Mamma," continued the boy, feeling his damp hair uneasily, "if a boy goes a-swimming and then lies about it, can you cure him of lying by faith?" "No, dear," said mamma sweetly, "that vice is cured by the laying on of hands." And in ten minutes thereafter Albert was the best cured boy on all Long Island, and mamma was putting on her slipper with the air of a woman who knows all about leather and its application to the human system.

## Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

### NOTICES TO CORRESPONDENTS.

*All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. Those intended for the Publishing Office to be sent to MR. A. P. WATT, THE PUBLISHER, at the same address.*

### RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," and to no other address.
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

## NERVOUS EXHAUSTION.

**PULVERMACHER'S World-Famed GALVANIC BELTS** for the Cure of NERVOUS EXHAUSTION and DEBILITY, have received testimonials from three Physicians to Her Majesty the Queen, and the leading Physicians of nine London Hospitals, including over Forty Members of the Royal College of Physicians of London.

The distressing symptoms of NERVOUS EXHAUSTION and DEBILITY are speedily removed by means of **PULVERMACHER'S** world-famed Galvanic Belts, which are so arranged as to convey a continuous electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

Dr. H. A. ALLBUTT, M.R.C.P., 24, Park Square, Leeds, writes, Oct. 1888.—"I always recommend with confidence MR. PULVERMACHER'S BELTS. Ladies recovering from illness incidental to their sex will find these BELTS of vast assistance in restoring lost nerve power."

Dr. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says: "I am satisfied that MR. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

SIR CHARLES LOCOCK, Bart., M.D., says:—"PULVERMACHER'S BELTS are very effective in neuralgia and rheumatic affections, and I have prescribed them largely in my practice for other similar maladies, paralysis, &c."

For full Price List and particulars, see New Pamphlet, "**GALVANISM: Nature's Chief Restorer of Impaired Vital Energy.**" Post Free from

**PULVERMACHER'S GALVANIC ESTABLISHMENT,**  
194, Regent-street, LONDON, W.  
(Established over Forty Years.)

## QUERIES AND ANSWERS.

### REPLIES: GENERAL, SANITARY, AND MEDICAL.

W. J. B.—A consequence of defective circulation. Take a dessertspoonful of Møller's Cod Oil after your meals.

BAD TOOTH.—1. Nitrous oxide is perfectly safe. See article in the present number of HEALTH. 2. Wash the hair regularly with Vinolia Soap, and after washing (at night) apply a little Vinolia plain, as a preventive.

THREAD.—You need not be alarmed in the least. Read the pamphlet, "A Lecture to Young Men" (5th Edition, post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full information given therein.

H. T.—You might try giving a few drops of Cascara Extract, once or twice daily, in water; or, better still, give one of the Cascara Tabloids, made by Burroughs, Wellcome & Co., which the child will swallow readily, and note the effect on the constipation. We also advise you to try every morning massage, or rubbing of the child's abdomen with the hand well oiled. This has often a most beneficial effect in promoting digestive action, and, once established, you can favour and continue the habit by diet, as you are now doing.

CHARLES WHITE.—See advice given to "Labor," in HEALTH, No. 314.

PUZZLED.—1. To give a mustard bath—which should not exceed ten minutes duration—add sixty grains of mustard to the gallon of water. 2. Try boracic acid ointment as an application.

M. S. S.—Apply the following as a lotion to the affected part:—Hyposulphite of sodium, two drachms; glycerine, four drachms; rose water, to make up four ounces. Mix. See that Scott's Cod Oil Emulsion is given regularly after food.

ATTENDENS.—You mean the method of Charcot (which is now used in cases of locomotor ataxy, and other nervous diseases) by suspending the patient by his neck. It is analogous to nerve-stretching, but can only be applied under the direction of a physician. We can send address if you forward stamped addressed envelope.

T. GRAHAM.—Use Sanitas Oil for inhalation, add this to hot water in your inhaler, and take the mixture ordered you as well.

P. A. SMALL.—1. Apply to the Medical Battery Co., 52, Oxford-street, London, W. for one of their appliances. 2. The truss you wear is evidently defective. 3. No; but the affection is not to be trifled with.

NERVOUS SUFFERER.—Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the advice it gives regarding diet and tonics.

WELLWOOD.—See that you avoid constipation (note advice on this head given to "C. Piper" in last week's HEALTH), and try the plan of using, twice daily, an injection made by adding a teaspoonful of Condy's Fluid to a small tumbler of tepid water. You are merely suffering from the sequel to your former ailment.

PETER FORD.—Take two five-grain Antipyrin Tabloids (Burroughs, Wellcome & Co.'s). If the headache is not relieved, take other two tabloids after two hours' interval.

E. SYM.—Use a soft brush only, and avoid all hard and small combs. Wash the head once a week with Bayley's Soap and tepid water, and rub into the scalp thereafter a little glycerine of borax, as a remedy for scurf. Keep the hair short. Each morning rub into the roots of the hair with a small piece of sponge a little of the following lotion:—Vinegar of cantharides, half an ounce; eau de Cologne, one ounce; rose water, one ounce. Mix.

R. H.—You will find full information in the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.).

FAGUS.—Use the Pommade Tricophile of the French Hygienic Society, 6, Conduit-street, Regent-street, London, W. (advertised in our pages). Wash the hair once a week with Bayley's Soap.

J. JEFFREY.—To remove ink-stains from linen, wet the finger in water, then dip into a powder consisting of one part of finely-powdered oxalic acid mixed with four parts cream tartar, and rub it on the spot gently, keeping it rather moist, and the stain will disappear without injuring the fabric. After the stain disappears, wash the linen in pure water.

SAM TORR.—Take the following powder for boils:—Sulphide of lime, twenty-four grains; sugar of milk, half an ounce. Take of this powder as much as will cover a sixpence, every four hours.

C. E. S.—Try injecting a teaspoonful of glycerine, as directed in HEALTH, No. 285, in the article on the use of glycerine in constipation.

MEA.—Drink Pitkeathly Water regularly, avoiding all alcohol. Your ailment is not one which need give you any uneasiness at all. Care in diet will relieve it.

**NAXY.**—Your questions will be answered if you call on Mr. Harness, 52, Oxford-street, London, W.

**G. S.**—Try the effect of a cold sponge bath each morning, and take fifteen drops Fer Bravais after your meals, twice daily, in a little water. Rest after your meals for an hour at least.

**LABOR.**—Note the effect of taking the following pill: Powdered ipecacuanha, half a grain; powdered capsicum, one grain; powdered rhubarb, two grains; extract of gentian, three grains. Six such pills to be made, and one to be taken half an hour before dinner when there is any liver irritation.

**CHARLES L.**—To make hair-wash powder, take powdered borax, one pound; camphor, one drachm; oil of bergamot, twenty drops. Mix these ingredients thoroughly.

**A. G. F.**—Try some Salicylic Cream applied to the corn, by way of softening the skin-tissues, and then pare the corn in the morning, or use corn solvent. Repeat this process as often as needed. Wear a woollen sole inside your boot, to avoid pressure on the corn; or wear thick stockings and roomy boots.

**S. P.**—Try Dahl's Cakes, and take a Cascara Tabloid or two (Messrs. Burroughs, Wellcome & Co.'s). Take Grant's Oat Flour in place of tea and coffee, night and morning, and use Dahl's Cakes.

**LARGO.**—The symptoms you name arise, as a rule, from liver-disturbance. Follow out the directions given to "C. Piper" in last week's **HEALTH**, and if not cured, write again.

**STANDARD.**—We advise you to take twenty drops Fer Bravais in water, after your meals, regularly, for some weeks. Let us hear the result of this treatment. You suffer, in our opinion, from nothing but nervousness, and the tonic recommended will probably brace you up and cure you. Take plenty of open-air exercise.

**EUGENE ARAM, JUNIOR.**—Use the inhaler at bedtime and in the morning; often, say at midday, if necessary. Simply continue your cod liver oil until the warm weather sets in, and use the Vacher Inhaler. You want no other treatment, unless it be to clothe warmly in Forsyth's Hygienic Woollen Clothing (see advertisement in our pages), as a preventive of chill.

**THOMASO.**—Rest, rigidly, for fully an hour after your meals, as a necessary rule of health; and if troubled with flatulence, take five drops of Pure Terebene, or a piece of sugar. Avoid excess of vegetables; and for potatoes substitute stale bread. You suffer from indigestion, and the above hints may cure you. Avoid excess of tea and coffee, and try Scott's Oat Flour instead. If not cured, write again.

**BUNTER'S** Cures  
TOOTHACHE  
Instantly.  
**NERVINE**  
Prevents Decay, Saves Extrac-  
tion. Sleepless Nights Preven-  
ted. Neuralgic Headaches and  
all Nerve Pains removed.

Dr. ANDREW WILSON, F.R.S.E., &c., writing in *Health*, says: "BUNTER'S NERVINE" has stood the most severe test. For many years it has been the favourite household Remedy for TOOTHACHE and kindred ailments of NEURALGIC character. It contains nothing of a deleterious nature, and should claim an honoured place in every family medicine chest."

**BUNTER'S NERVINE.** Sold by all Chemists, 1/1½.

**BUNTER'S DENTINE**  
IS THE MOST SIMPLE AND  
PERMANENT STOPPING for DECAYED TEETH.

Any one can easily prepare and place it in the cavity of the Tooth in a soft state, and in a short time it becomes a perfectly hard and white Enamel, forming, as it were, a part of the original substance of the Tooth.

All Chemists, 1/6. Post Free, 19 Stamps, by Proprietor.

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**PURILINE**  
Tooth Polish

Will Purify and Beautify the Teeth with a Pearly Whiteness; Polish the Enamel; Destroy Tartar and all Living Germs; and Keep the Mouth in a Delicious Condition of Comfort, Health, Purity, and Fragrance. It is not a Powder or Soft Paste that will scatter over clothing and soil the toilet, but a Dental Paste of stiff consistency, non-gritty, and Absolutely Pure. May be carried in the pocket in any climate of the world, without injury or losing its virtues.

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**PURILINE**  
Tooth Wash  
FOR THE TEETH, GUMS, AND BREATH.

A PURE, PERFECT, AND REFRESHING FLUID DENTIFRICE.

A few drops in water used daily will thoroughly Cleanse, Beautify, and Preserve the Teeth; Polish the Enamel, prevent Tartar, Destroy all living "Animalcula." It is Absolutely Pure and Harmless to the Youngest child or most delicate constitution.

Sold by all Chemists, Perfumers, &c., 1/- per Bottle, or sent post free by Proprietor.

EIGHT FIRST CLASS EXHIBITION AWARDS.

**SCOTT'S** For Infants, Children, and  
Persons of Weak Digestion.

**MIDLOTHIAN**  
"Unequalled" **OAT-FLOUR.**

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**SCOTT'S MIDLOTHIAN OAT-FLOUR.**—There is no preparation which can be assimilated with greater facility than such a flour as this. Those who suffer from indigestion might substitute for their ordinary breakfast materials this flour, prepared according to the recipe given by Messrs. Scott and printed on the tins.—**HEALTH.**

V. A. A.—A distension of the veins, due usually to constipation and allied causes. If not painful leave it alone. It will do no harm at all. Wear a suspensory bandage for a time, and sponge the parts with cold water (to which a little Hazeline has been added) night and morning. Avoid constipation by following advice given to "C. Piper" in the last number of HEALTH.

W. R. D.—(Why address your letter to our former office, when every week there are given plain rules for correspondents, and the address, 2, Paternoster Square, London, E.C.?) Misdirection of letters only delays replies, and causes trouble to us. We fancy in your case there is simply stomach-disturbance, a frequent cause of such symptoms. Rest after your meals, and follow out the advice given above to "Thomaso," as regards diet, avoidance of potatoes, tea and coffee, and the use of Terebene. You have no need to alarm yourself in our opinion. Write again if these diet-hints do not cure you, and we will advise you further.

# A Tonic

## Horsford's Acid Phosphate.

A most excellent and agreeable tonic and appetizer. It nourishes and invigorates the tired brain and body, imparts renewed energy and vitality, and enlivens the functions.

DR. JAMES BLACK, L.R.C.S., Primrose-hill, Cockburnspath, Scotland, says:—"As a nerve tonic, I know nothing like it. It gives me great satisfaction."

DR. THOMAS DAVIDSON, L.R.C.P. & S., Gosforth, Newcastle-on-Tyne, says:—"I find it an excellent tonic in cases of mental anxiety induced by over-study in clergymen and others."

Descriptive Pamphlet post free on application to

Rumford Chemical Works,  
Providence, R.I., U.S.A.

Beware of Substitutes and Imitations.

B. JOHNSTON.—Try Horsford's Acid Phosphate as a tonic, and use it as directed on the bottle. It will suit your case admirably.

BERTIE.—1. A silly notion, and one devoid of all foundation. 2. Try Mellin's Food. 3. Sanitas Oil as an inhalation.

CHARLES GREEN.—Follow advice given to "J. Tod" in last week's HEALTH, and write again if not bettered.

CHARLES L. ANDERSON.—The Vinolia preparations are to be had of all druggists, or direct from Messrs. Roberts & Co., 76, New Bond-street, London, W.

SPES.—You will cure yourself thoroughly and readily if you follow out the instructions as to diet, &c., given in the pamphlet, "A Lecture to Young Men" (5th Edition, post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.).

W. N.—Follow the advice given to "Labor" in last week's HEALTH. You must take more open-air exercise, and do not wear tight-fitting hats, nor wear any head-covering indoors at all.

SEPTICIDE.—1. Certainly try Doig's "Septicide" as an external application for neuralgia. 2. Such a food as you wish is Henderson's Patent Perfect Food Biscuits—see advertisement in our pages.

NIHIL.—Take a teaspoonful of Inman's Syrup of the Hypophosphites in a wineglass of water after your meals, twice daily. All you need is such a tonic.

E. F. F.—1. No; but the plan is a good one, though not adapted for your case. 2. Pulvermacher is the firm you mean, 194, Regent-street, W.

LARYNGITIS.—Follow the directions given to "Querist" in last week's HEALTH; and note also advice given to "Relaxed Throat" in last number. If not cured, write again.

W. M.—1. Probably not, although there may very likely have been a certain amount of excitement. 2. Impossible to say; the rule is that disease of that kind tends to reproduce itself in succeeding generations, although by attention to diet, fresh air, and general health rules, such an ailment may gradually be modified or abolished in time. 3. Certainly; no physiologist familiar with recent work regarding the brain for a moment endorses the effete "phrenology." 4. Calisthenic articles will appear in a few weeks' time.

ATRA CURA.—You make far too much of a very common occurrence. Flushing is perfectly natural to many persons, and depends on some peculiarity of the vaso-motor nerves, or those regulating the blood-vessels.

## Easton's Syrup.

WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon-road, London, E.C., who will forward either sized Bottle free by post for three extra stamps.

Sold in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d.

You are very foolish to regard this as an affliction. Our advice to you is to watch your digestion narrowly, and to avoid alcohol. See what effect the tonic recommended to "Nihil" in the present number may have in your case. Your symptoms, in our opinion, would not be affected by climate.

P. J.—Yes; with the battery attached thereto. But why not read the pamphlet recommended to "Spes" in the present number, and try a course of the tonics therein prescribed with the dietetic and other rules also laid down in its pages?

C. V. S.—Read the article on Glycerine and its Use in Constipation contained in HEALTH, No. 285, to be had from the Publisher. Any chemist will supply the small syringe required. Water may be used or not, as may be found best.

B. WESTWELL.—You are simply over-worked, and your brain-power is therefore temporarily weakened. The only course open to you is to work less. There is no other method of regaining your mental powers. Take plenty of open-air exercise and plain food, and with the necessary rest you will soon recover. You do not require drugs at all.

G. S.—Probably due to digestive disturbance. Rest after your food regularly, and try fifteen drops Fer Bravais after your meals, twice daily, in water.

VIS.—Wash the parts with Vinolia Soap, and use Vinolia as an application after washing. Apply to any good druggist in Glasgow, or to Messrs. Roberts & Co., 76, New Bond-street, London, W.

PENITENT ONE.—[Your letter was wrongly addressed: the proper address is 2, Paternoster-square, London, E.C.]—Read the pamphlet recommended to "Spes" in the present number, and you will find full means of cure described therein. You need not alarm or worry yourself.

PRINCE KARL.—Mr. Pulvermacher, 194, Regent-street, London, W., will advise you regarding a belt if you communicate with him. You would be likely to benefit from such an appliance.

**APPREHENSIVE NERVOUSNESS.**  
Debility, Rheumatism, Gout, Sciatica, Torpid Liver, Kidney Disorders, and every form of weakness may be speedily cured by wearing

**HARNESS' ELECTROPATHIC BELT.**

It generates a mild continuous current of Electricity.

Produces no Shock or Discomfort whatever.

Testimonials, Pamphlet, and Advice free, personally or by letter.

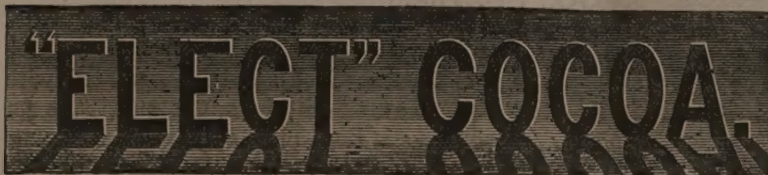
Write at once to **Mr. C. B. Harness**, Consulting Electrician, **MEDICAL BATTERY CO. Ltd.**  
**52, OXFORD ST. LONDON, W.**  
(Corner of Rathbone Place.)

# ROWNTREE'S

The "Hospital Gazette" says:—

"Among the advantages it possesses may be enumerated the ease with which it may be prepared, and its agreeable flavour and aroma. In addition to these, it is, 'when properly made, hardly thicker than coffee, thus avoiding the disadvantage of some preparations which are thick and muddy; this is produced by the total absence of any thickening matter. To sum up tersely, we would say that everyone should elect 'to use it.'"

YORK, ENGLAND.



# COCA LEAF

## PREPARATIONS:

### COCA TABLETS.

Containing Borax, to promote action on the Throat and the Vocal Cords. 2/6 per box.

### COCA LOZENGES.

Without the Borax, for persons to whom its flavour would not be agreeable. 2/6 per Box.

These preparations may be obtained of all Chemists and Grocers. An Explanatory and Historical Pamphlet, showing the uses of the COCA LEAF, sent on application to the Sole Proprietors—

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### COCA ELIXIR.

For making COCA Wine, the dose being 15 to 20 drops to the wineglass; can be taken in any fluid. 3/- per Bottle.

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COCA, in combination with selected Teas; tonic, invigorating, and delicious. 4/- per lb.

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### DIRECT FROM FACTORY.

If you want a really good ALL-WOOL SCOTCH TWEED, at Maker's Prices, in Worsted, Saxony, or Cheviot, WRITE FOR PATTERNS. All our own Manufacture. Any length cut. Splendid Selection. Tailors supplied with bunches of Patterns, Parties' own Wool made into Cloth. Heavy Tweeds, 1s. 9d. per yard; Light Tweeds, 1s. 2d. per yard. Blankets, Rugs, Winceys, Flannel, &c. Carriage of Wool paid, and Patterns sent free.

IMPORTANT NOTE.—All Wools sent to be made into Heavy Tweeds, Blankets, Crumcloths, &c., &c., are made from two-ply yarns. This makes the Cloth finer and wear much longer than when it is done in the ordinary way. Cloth will be returned in One Month from receipt of Wool.

**A. COLQUHOUN, Manufacturer,**  
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RESPECTABLE AGENTS WANTED IN EVERY DISTRICT NOT YET REPRESENTED.

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(HOWIE'S PATENT.)

CHEAP! EFFECTIVE!! AND EASILY CLEANED!!!

This Filter ceases to act when soiled, thus compelling people to clean it, which anyone can do in a few minutes; it is therefore

### A SAFETY FILTER,

and not a delusion, as most Filters soon come to be.

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Filters may be had at 15, GARLICK-HILL, LONDON, E.C. Wholesale Agents Wanted in Districts where none have been appointed.

ESTABLISHED 1825.

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FOR  
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BEST AND CHEAPEST.

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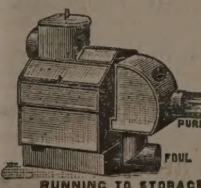


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Prevents the first portion of the rainfall passing into the storing tank. It catches and stores the water when the roof has been washed by the rain.

PRICE FROM £2 15s. to £6 5s.

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SEVENTEEN GOLD, SILVER, & BRONZE MEDALS.

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## NON-ARSENICAL WALL PAPERS.

TO BE OBTAINED OF ALL DECORATORS.

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### Thomson's

## COD LIVER OIL CREAM.

"For DELICATE CHILDREN  
and INVALIDS generally,  
this preparation must be highly commended."

—Extract from HEALTH, 30th Nov., 1883.

Sample free. Bots., 2s. 3d., 4s., and 7s. 6d.; by post 3d. extra. Prepared only by R. THOMSON, Chemist, 40, Dublin-street, Edinburgh.

London Agents: SANGER & SONS, 489, Oxford-st., W.

## ALLCOCK'S Corn Shield

GIVES  
CERTAIN RELIEF

THE BEST CORN PLASTER MADE

### ONE BOX

## CLARKE'S B4I PILLS

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All ailments of the Urinary Organs (acquired or constitutional), Gravel, and Pains in the Back.

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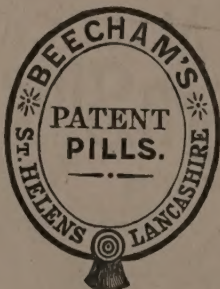
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FROM the earliest days of medicinal science, no antidote has achieved such a reputation as BEECHAM'S PILLS. Their fame has reached the uttermost parts of the earth, their curative power is universally acknowledged to a degree unprecedented in the annals of physical research; they stand forth pre-eminent to the world for their health-restoring and life-giving properties, being the most marvellous medicine yet discovered for Bilious and Nervous Disorders, Sick Headache, Indigestion, and all Derangements of the Liver; and for Suffering Females are—

"A priceless boon, a treasure more than wealth;  
The banisher of pain, the key to health."

BEECHAM'S PILLS have the largest sale of any Patent Medicine in the world.